

Pre-Season Phase 1

Day 1

A Front Squat Grip- Reverse Lunge

Week	Sets	Reps
1	4	8/side
2	4	8/side
3	4	6/side
4	4	6/side

Set 1	Set 2	Set 3	Set 4

B1 Plyo Push-up

Week	Sets	Reps
1	3	3
2	3	3
3	3	3
4	3	3

Set 1	Set 2	Set 3

B2 Incline Bench DB Row

Week	Sets	Reps
1	3	12
2	3	12
3	3	12
4	3	12

Set 1	Set 2	Set 3

C Hill Sprint, 2-5 min recovery between sets (15-30yards, 15-40 degree incline), 100% effort

Week	Sets	Reps
1	4	1
2	5	1
3	6	1
4	6	1

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

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Day 2

A Sled Push- Very Heavy- 10-30 Yards

Week	Sets	Reps
1	5	1
2	5	1
3	5	1
4	5	1

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Chin-up (use external weight if you can)

Week	Sets	Reps
1	5	5
2	5	5
3	5	5
4	1	Max BW

Set 1	Set 2	Set 3	Set 4	Set 5

B2 Push-up Position Birdog

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C1 TRX Inverted Row

Week	Sets	Reps
1	4	10
2	4	10
3	4	10
4	4	10

Set 1	Set 2	Set 3	Set 4

C2 DB Lateral Goblet Squat

Week	Sets	Reps
1	4	10/side
2	4	10/side
3	4	10/side
4	4	10/side

Set 1	Set 2	Set 3	Set 4

Pre-Season Phase 1

Day 3

A Broad Jump

Week	Sets	Reps
1	5	1
2	5	1
3	5	1
4	5	1

Day's	Record	Distance

B1 Rack Pull, Just Below Knee

Week	Sets	Reps
1	6	8
2	5	5
3	5	3
4		1RM

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 Quad Hip Flexor Mobilization

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C1 Single Leg Stepdown

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C2 Physioball Leg Curl

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

C Flat Ground Sprint (15 Yards)

Week	Sets	Reps
1	5	1
2	5	1
3	5	1
4	5	1

Set 1	Set 2	Set 3	Set 4	Set 5